

**72 hours**

## **Background information for instructors**

December 2022

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## A training system has been designed around the 72 hours home preparedness recommendation

Basic information about the 72 hours concept is available online at [72hours.fi](http://72hours.fi) and at public seminars and webinars held all around Finland.

The public seminars and webinars are about 1 to 2 hours long and address the basics of home preparedness, such as how to prepare for a prolonged power outage or disruption in water supply.

Public seminars and webinars are organised by 72 hours instructors all over Finland.

### What does a successful public presentation of the 72 hours concept look like?

#### Getting ready

Making sure you're ready for the public event is important, but remember also the following:

- What is your audience?
- What do they expect or need from you?
- Participants' age, level of knowledge, attitudes.

#### Structure of the public presentation (duration about 1–2 hours)

##### Greetings, introducing yourself

- Explain what the presentation is about.
- Arouse the audience's curiosity and remember to give a good first impression.

##### Content

- Follow a logical structure and plot and keep a good rhythm.
- Keep the audience engaged with discussion and various tasks.
- Stay on topic.
- Stick to the agreed schedule.

## Concluding

- Finish with a short recap, summary and closing statement.

## Tips for holding webinars

### Planning the webinar is important

- When working online, participants, even adults, are easily distracted. Plan carefully and make sure that your audience is engaged.
- Make sure that your Internet connection is good enough to host a webinar.
- Keep to the schedule and instruct the participants to show up on time.
- As the organiser, you should have 2 computers available. This way, you have an easier time keeping up with your notes or Googling for more information about a topic.
- Rehearse holding a webinar with your friend, for example.

### Simple structure and clear goals

- What are participants supposed to know or be able to do after the event?
- A webinar is not a monologue, and many webinar platforms such as Teams and Zoom offer opportunities for engaging the audience.
- A webinar can be made up of a presentation, discussion and tasks that the participants complete individually or in pairs.
- A good webinar has a clear and simple structure: start by taking charge of the platform used and continue with the presentation and tasks and finish with a general conclusion.
- Use the questions in the PowerPoint presentation for 72 hours seminars. They help make participants' voices heard.

## Audio

- Having good audio quality is important. Use a separate microphone.
- Microphones should be turned off when not speaking. Instruct the participants to also follow this rule.

## Video

- Be yourself.
- Having video on makes the webinar feel more natural.
- Pay attention to lighting so that you don't look like a ghost and that you are positioned in the picture correctly.
- If you plan to show videos, make sure in advance that the participants can see and hear the video.

## Slides

- Your presentation slides should be clear and visible also on mobile devices. Show the slides in presentation format.
- If you are using materials with more text, distribute these to participants before or after the webinar.
- When speaking, stick to what is said on the slides.

**Keep calm. Technology is fickle and surprises can't always be avoided.**

## Source

[Miten toteutat hyvän webinaarin? \(in Finnish\)](#)

Sivis Study Centre

# Preparedness



In a crisis situation, society may stop functioning normally. Storms are becoming more common due to climate change. Disasters and conflicts around the world may cause shortages of some foods. Disruptions in important information technology systems may have an effect on electricity supply.

## Everyday life can get difficult very quickly

- Heating shuts down.
- Cooking and preserving food become difficult.
- There's no water in the tap or toilet.
- Stores may run out of food and other supplies.
- Paying by card or phone is impossible.
- Refilling the car is impossible.
- Mobile phones and the Internet stop working.
- Public transport and freight services are disrupted or stop entirely.
- Medication becomes harder to get.

## How is society prepared?

Society is prepared to run as well as possible in the event of a disruption or emergency. Contingency measures include preparedness planning, continuity management, advance preparations, training and emergency drills.

### Preparedness of society

- preventing disasters and disruptions
- readiness to act in disasters and disruptions
- fast recovery from disasters and disruptions

The goal of contingency measures is to secure functions that are vital to society.

## What is society preparing against?

The table below shows the largest threats that Finnish society is preparing against. The table also indicates whether the probability of a threat has increased (▲) or stayed the same (—).

Source: [National risk assessment 2018](#)

Threat scenario/disruption	Trend of likelihood
Information operations	▲
Political, financial and military pressure	▲
Use of military force	—
Large-scale immigration	▲
Terrorist act targeting the structures of the society or large crowds	—
Violent, large-scale civil disturbances	—
Disruption of the public economy	—
Disruption of the financial system	—
Major disruption in power supply	—
Disruption in the availability of fuels	—
Severe disruptions in communications networks and services	▲
Disruptions in logistics	—
Antimicrobial drug resistance	▲
Pandemic influenza or similar widespread epidemic	—
Highly infectious severe animal disease	▲
Plant hazards - plant disease epidemic	—
Water supply disruptions	▲
Disruptions in food supply	▲
Maritime multi-sector accident	▲
Nuclear power plant accident in Finland or Finland's neighbouring areas	—

## Personal preparedness

Local authorities are responsible for ensuring that fire and rescue services, elder care, water supply and school continue to operate when society is faced with a crisis. Private individuals also have a responsibility. Good preparedness helps cope with a difficult situation regardless of what caused it.

When society is faced with a crisis, those most in need are helped first. Most people have to be prepared to cope on their own for some time. The better prepared you are, the more likely it is that you will be able to help others who are less well-equipped to cope.

The most essential things are water, food and heat. It is important that you are able to follow announcements by the authorities and media. You also need to be able to contact your loved ones.

### Smoke alarm

Test your smoke alarm once a month.

- Replace the battery in the smoke alarm once a year.
- Replace the battery immediately if the smoke alarm starts beeping occasionally.
- Replace the smoke alarm if it does not work despite the change of battery. Buy new smoke alarms every 5 to 10 years.

Which rooms should have smoke alarms?

- Bedrooms.
- Exit routes, such as the hallway.
- Above staircases.

Each floor of the home must have at least one functioning smoke alarm, with an additional smoke alarm every 60 square metres. Be sure to also check the smoke alarms in your holiday home.

Because smoke and heat rise, smoke alarms should be placed on the ceiling at least 50 cm from the wall and other obstacles. Follow the alarm's installation guide. In large homes, it is advisable to use smoke alarms that are connected so that an alert in one alarm triggers a general alert in other connected smoke alarms.

### First-aid extinguishing

First aid fire extinguishing equipment are intended for quickly extinguishing small fires.

First-aid extinguishing equipment include:

- hand-held fire extinguishers
- fire blankets
- stirrup pumps



How to prepare:

- Buy enough fire blankets and hand-held extinguishers for your home. At the minimum, you should have a fire blanket in your kitchen.
- Keep first-aid extinguishers readily available and learn how to use them.
- If a fire has just started, extinguish it, but do not put yourself in danger.

First-aid extinguishing skills are important because fires should be put out as soon as possible. First-aid extinguishing can help prevent major damage to property and personal injuries.



## First aid

First aid is a civic skill that everyone can learn. The most important thing is to ensure that the patient is breathing and to stop bleeding.

Good first aid instructions can be found on the [Finnish Red Cross website](#).

## Sources

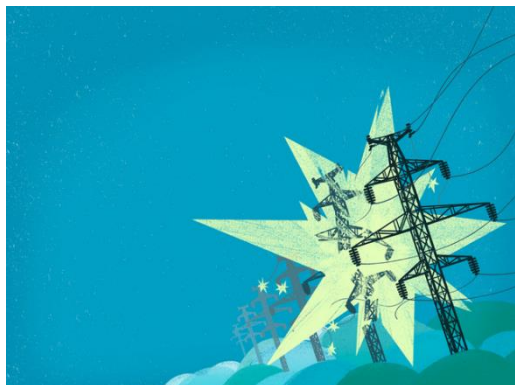
### National risk assessment 2018

Ministry of the Interior

### Palovaroitin (in Finnish)

The Finnish National Rescue Association (SPEK)

# Power outage



Weather events such as heavy snow, floods and storms can cause power outages. Power outages can also be caused by technical problems. Repairing damage caused by nature is not always easy, and the power outage may last for a while.

**If the lights and TV go out**, the cause may be a fault in the appliance, a power outage or a problem with the home's own electrical system.

**First, try if the lights turn on in other rooms and whether other household appliances work.** Check the fuse board to make sure that the fuses are intact. If necessary, replace the blown fuse with a new one or lift the circuit breaker. If your entire home is dark and none of the appliances work, the main fuse may be blown.

**See if the neighbour has the lights on.** Typically, neighbouring houses belong to the same power grid. Check if the lights are on in other homes in the area. If the neighbours' lights are also off, the outage is larger than your home electrical system.

**You do not need to let the electricity company know** that the power is out. Wait for the power to come back on. If you notice that the power lines have been damaged or a tree has fallen on them - **report it to the electricity company**. If the power outage lasts longer, you will receive more information from the electricity company. Be sure to also follow news on the radio. If the fault is in your apartment or home and replacing the fuse does not help - **ask for professional help**.

**Turn off the lights and electrical appliances** in your home during a power outage. The most important appliances to turn off are the stove, iron, coffee machine and washer. They can cause a fire when the power comes back on. However, leave one light on so you know when the power comes back on.

**Use water sparingly** during a power outage. In the event of a power outage, water may still be available, but the use of drains should be avoided. During a long power outage, water may be available at first but stop at some point. In some properties, water supply may stop immediately. Keep up with the information provided by your own water utility and follow their instructions. Instructions may vary regionally. You can get up-to-date information from the water utility's website. If your water utility offers notifications on interruptions, order them.

**Link:** [Check the power outage map to see areas with power outages right now](#) (in Finnish)

## What happens in a power outage

Immediately	<ul style="list-style-type: none"><li>• Lights go out and appliance stop working</li><li>• Heating is cut off</li><li>• Water supply stops in some homes</li><li>• Refrigerators and freezers begin to thaw</li><li>• Lifts stop working</li><li>• Street lights and traffic lights go out</li><li>• Petrol pumps and charging points at petrol stations stop working</li><li>• ATMs and banks close and debit and credit cards no longer work</li><li>• Tram, metro, commuter train and long-distance train services shut down</li></ul>
15 minutes	<ul style="list-style-type: none"><li>• Most grocery stores and other small shops close</li></ul>
2 hours	<ul style="list-style-type: none"><li>• The first telecommunications base stations go dark, after which it is no longer possible to make calls or access the Internet</li><li>• Water supply stops in most homes</li></ul>
6 hours	<ul style="list-style-type: none"><li>• Telephone and Internet connections are down in most of Finland</li><li>• Passenger cars, taxis and buses begin to run out of petrol</li></ul>

Source: Pahasti poikki, Ministry of Defence

### How different buildings cool down

Assuming temperature is -20 degrees outside and +20 inside the house when heating is cut off.

				
	Wood-frame house	Stone house apartment building	Prefab apartment building	Thick-walled stone apartment building
To 10 degrees	18 hours	30 hours	36 hours	4 days
To 0 degrees	30 hours	2 ½ days	4 ½ days	1 week

Source: Pahasti poikki, Ministry of Defence



### How to stay warm

- Reserve enough warm clothes and blankets for everyone.
- Eat well and get enough rest.
- The oven or fireplace are good sources of extra heat.
- Shut the windows and keep the front door closed. Heat escapes quickly if the front door is opened repeatedly.
- Close the connecting doors to corridors, the entrance and hallway and stop up all gaps.
- Water for a hot water bottle can be heated with a portable stove.
- Remember that alcohol will not keep you warm.

### If the home temperature drops below +15 degrees

- Try to keep one area of the home warm.  
Close the doors to rooms along the outer walls and corners and stop up the draught with carpets or towels.
- Cover the windows with thick curtains or blankets. Put more carpets on the floor.
- Wear warm, breathable clothes. Put more socks or shoes on and wear a beanie and gloves if necessary.

### If you have to spend the night in a cold home

- Move the beds to the warmest area in the home. Put all duvets and blankets to good use. A good sleeping bag will keep you warm.
- The whole family should sleep side by side under the same blankets. One person generates as much heat as a 70-watt light bulb.
- To stay warmer, build a tent out of blankets around a table and sleep under the table. You can also set up a camping tent inside.

## Cooking during a power outage

- Many foods can be eaten cold.
- If you want a warm meal, eat canned food and other dishes that are easy to heat.
- Cook outside, such as in a barbeque if one is available.
- Use the fireplace, gas stove or spirit or gas cooker if one is available. Check that you have enough fuel to last a few days.
- Safety first!

## Storing food correctly to prevent illness

- Do not open the freezer for two days unless you absolutely need to. Thawing food can spoil and cause a stomach bug.
- Store food outside if the weather is cold.

## How well prepared are you? Go through the necessary supplies you already have in your home.

- ✓ an emergency food supply and a few litres of bottled water
- ✓ a bucket or canister with a lid
- ✓ plastic bags and toilet paper
- ✓ a flashlight and batteries
- ✓ candles and matches
- ✓ a battery-powered radio and batteries
- ✓ a charged backup power supply that can be used to charge a mobile phone
- ✓ firewood, if your home has a fireplace or wood burning oven
- ✓ a small amount of cash
- ✓ essential medicines and painkillers
- ✓ wet wipes
- ✓ first aid fire extinguishing equipment, such as a fire blanket
- ✓ smoke alarm
- ✓ a first aid kit
- ✓ face masks and hand sanitizer
- ✓ duct tape
- ✓ iodine tablets



## How to stay cool in the heat

### Keep the inside of the home cool

- Close the windows during the day when the outdoor air is warmer than indoor air.
- Shade the windows on the sunny side with light-coloured blinds or curtains to prevent the sun from shining in.
- Open the windows for the night as the outdoor air cools down and ventilate the house with the help of draft.
- If necessary, use a cooling air conditioning. When running air conditioning, keep doors and windows shut.
- Turn off any unnecessary lights and electrical appliances as they generate heat.
- A fan can help make you more comfortable if the indoor air is below 35 degrees.

### Avoid hot spots and direct sunshine

- Spend time in the coolest parts of the home.
- Spend a few hours during the day in some other cool place, such as an air-conditioned public building.
- Avoid going outside during the hottest time of the day. Stay in the shade.
- Avoid heavy physical labour or try to time it for the morning or evening when it's cooler outside.
- Do not leave children, elderly people or animals in a parked vehicle.
- If you have a baby sleeping in a stroller, do not leave it in the sun. Make sure that air can circulate in the stroller.

### Drink enough and remember to eat

- Make sure you get enough to drink throughout the day. Drink before you begin feeling thirsty. This is especially important for children and the elderly.
- Regular water is a good drink for thirst. Remember to also eat enough.
- Avoid alcohol and caffeine as they dry the body. Very sugary drinks should also be avoided.
- Eat light meals often. Prefer foods that are cool and rich in water, such as salads and fruits.

## Cool your body

- Wear light and loose fitting clothes. Protect yourself against direct sunlight with long sleeves, a hat and sunglasses.
- Cool the body with cool showers and cold wraps and by wearing wet clothes.
- Replace the duvet and sheets with light textiles made of natural materials.

## Take care of your loved ones

- Keep in touch daily with relatives, friends and neighbours who live alone and help them shield from the heat if necessary. In particular, elderly people, those with long-term illnesses and those whose functional capacity is otherwise impaired may be in need of help.

## Sources

### [Pahasti poikki \(in Finnish\)](#)

Ministry of Defence

### [Näin varaudut pitkiin sähkökatkoihin \(in Finnish\)](#)

Ministry of Defence

### [Helteen terveyshaittojen torjuntaohjeet väestölle \(in Finnish\)](#)

Finnish institute for health and welfare

## Water outage



**Water outages** can be caused by a number of reasons, such as a power failure or contamination of the water supply. Although a backup water distribution is usually organised in water supply disruptions that last longer than 24 hours, it makes matters easier if everyone had at least a few litres of bottled water at home just in case.

**The average person** needs approximately two litres of clean drinking water a day. Water is also needed for cooking and personal hygiene. One or two buckets of water per person per day is usually enough.



### If there's no water

- Prepare for the situation with lidded containers or canisters that can be used to collect water from distribution points or elsewhere.
- Does someone need assistance carrying water?





- The toilet can only be flushed once if there is no water coming. A garbage bag can be placed inside the toilet. The used bag is closed sorted well packed as mixed waste.

### If the water is contaminated

- Prevent the use of contaminated water, for example by taping a warning note over the tap.
- Follow the water utility provider's instructions on the use of water and boil-water advisory.
- Do not use water during shock chlorination of water pipes.
- When clean water is again available, be sure to clean all appliances and containers that may contain contaminated water, such as a coffee machine.

### About water distribution

- Water supply outages may be planned and affect only an individual home. For more information, contact your property maintenance provider.
- In all local water supply disruptions, check the website of the local water utility provider. The website contains information about ongoing water supply disruptions.
- Water supply disruptions and major power outages also have an effect on wastewater management. Follow announcements by the water utility provider and the authorities.

### Source

72 hours: [Home preparedness](#)

The Finnish National Rescue Association (SPEK)

## Home emergency food supply



## Keep in stock enough food to last at least 72 hours

In an urban environment, the importance of an emergency food supply at home is easily dismissed as shops and restaurants are close at hand. The home's emergency supply should be stocked with items that are needed daily, such as food and water. The emergency supply can be made up of foods that the family eats normally. What's important is that there is enough food in the pantry to last for the whole family for at least 72 hours.

Ideal foods for the emergency supply have a long shelf life, can be prepared quickly and require little or no water to cook.

Emergency supplies are not a separate stockpile. The food items are used normally in daily life and replaced as needed.

## When is the home emergency food supply needed?

- during an extended power outage
- in an injury or accident
- when you are unable to visit the shops due to illness or injury
- during a strike or major accident
- when transport connections break down
- during a disruption in food distribution
- in a storm or flood
- when payment systems break down

## How much food is enough?

- It is advisable to keep a stockpile of at least three days' worth of food
- Be sure to also stock up enough pet food

## What kind of food?

- Stock up your emergency supply with foods that you normally eat
- Make sure that your home also has dry foods, such as nuts or dried fruits

- Also include foods that you can cook during a power outage with a camp stove, for example

### Storing and preserving food

- Fresh produce stored in the fridge that spoil the quickest, such as milk, should be used first.
- Do not open the fridge or freezer door unnecessarily to keep them cool for longer.
- It takes up to several days for frozen products to thaw from freezer temperature to zero.
- Food that has thawed to zero degrees can be prepared or cooked before freezing it again.

### Stock up on products that keep well and are ready to eat:

- bottled water, squash and concentrated fruit juice
- fresh and canned fruit, vegetables and root vegetables
- bread, crispbread, rice cakes and crackers
- cereal, muesli, flakes, nuts, seeds
- dried fruit such as raisins, prunes and dates
- jams and chutneys
- long-life UHT milk and non-dairy alternatives that can be stored at room temperature
- canned fish, meat and beans
- energy bars, biscuits, chocolate and crisps

### [More about the 72-hour home emergency food supply](#)

#### Source

#### [72-hour home emergency kit](#)

The Finnish National Rescue Association (SPEK)

# Sheltering indoors



In general warnings and emergencies, the authorities warn the public with emergency warnings and a general warning signal. The first thing to do in a general warning is to take shelter in the nearest indoor space and follow instructions. In most cases, this is enough to protect against the danger. The indoor space can be your home, school, workplace or other building.

Public warning systems are tested usually on the first non-holiday Monday of each month at noon.

Download the 112 Suomi app for your phone.

**Link:** [Listen to the general warning signal](#)

## Examples of situations that require sheltering indoors:

- a fire in the surrounding area causes high levels of toxic smoke
- an accident involving dangerous substances in the area causes risk of gas leakage
- risk of radiation, such as a nuclear power plant accident

## Sheltering indoors is important

- Smoke fumes from a fire is always harmful to humans, and breathing the fumes may be dangerous or life-threatening. Smoke is easy to detect.
- If you can detect the danger yourself, act immediately: shelter indoors and turn off the ventilation.
- Shelter indoors at the latest when the authorities announce to do so with a general warning signal or emergency warning.
- Some toxic gases can be detected by smell, for example, while others are unnoticeable. Some dangerous substances are odourless and colourless.



### Shut down ventilation and seal off gaps

- Everyone in the family or at a workplace should know how to shut down mechanical ventilation. However, not all buildings have mechanical ventilation and in some buildings, only the property maintenance company can shut down ventilation.
- When sheltering indoors is necessary, the space should be made as sealed off as possible.
- Shut all doors, windows and airways and seal all gaps with plastic wrap or duct tape, for example. This reduces the amount of smoke, gas or radioactive particles that can penetrate inside.



### Do you know where the ventilation switch is?

- Because dangerous smoke and gases spread fairly quickly outdoors, the building's residents or staff should know how to shut down ventilation without assistance. This requires that the location of the ventilation switch is known and accessible to everyone.
- For example, installing an emergency ventilation shutdown button near the entrance is often a good solution that allows anyone to turn off ventilation in a dangerous situation.



## Civil defence shelters

The first thing to do in a general warning is to take shelter indoors and follow instructions. In most cases, this is enough to protect against the danger. Cities and urban areas often also have civil defence shelters.

- In exceptional circumstances, civil defence shelters may need to be used. The authorities may decide on the use of civil defence shelters.
- Property equipped, modern civil defence shelters protect against radiation, toxic substances, landslides and military attack.
- The international sign for civil defence is a blue triangle on an orange background (see picture above). The sign will guide to a civil defence shelter.

### Civil defence shelters in residential buildings

- Most civil defence shelters are located in residential and public buildings. They are traditionally built in the basement.
- The condition and readiness of the building's civil defence shelter is the responsibility of the owner or occupant. The housing company's board or the owner of the property appoints a manager in charge of the civil defence shelter's maintenance and use.
- If the civil defence shelter is used for other purposes, it must be capable of being refitted for use as a shelter in 72 hours.

### Shared civil defence shelters

- Shared civil defence shelters are bedrock shelters that are intended for people who live and work in the nearby buildings.
- Public civil defence shelters are found mainly in Helsinki and intended for people passing through the area and for those who cannot shelter at home or work.

### Iodine pills

- The accumulation of radioactive iodine in the thyroid gland can be reduced with iodine pills.
- Iodine tablets are recommended to be bought and kept at home for children and adults up to 40-years-old. To make sure that the timing is right, only take a pill when prompted by the authorities.
- For 3–40-year-olds iodine pills can be bought at pharmacies. The public health care will procure iodine tablets suitable for children under 3 years of age and distribute them to parents.
- Follow the dosage instructions on the package.

Read instructions about iodine tablets on the [Radiation and Nuclear Safety Authority's](#) website.

## Sources

### Radiation dose is reduced by sheltering indoors

Radiation and Nuclear Safety Authority

### Sisälle suojautuminen (in Finnish)

The Finnish National Rescue Association (SPEK)

### Why take iodine tablets

Radiation and Nuclear Safety Authority

### Civil defence shelters

City of Helsinki

# Infectious diseases



**Infectious diseases** are caused by viruses, bacteria, parasites or fungi.

The most common infectious diseases are various respiratory infections, such as the flu. There are many causes of gastrointestinal infection, most notably norovirus and campylobacter.

An **epidemic** is a disease that affects a large part of the population of a region. A **pandemic** means an epidemic that affects several continents.

Around the world, pandemics have been caused by diseases such as the coronavirus, swine flu and the influenza known as Spanish flu, which spread throughout the world during World War I and killed tens of millions.

**We can all do our part to prevent infectious diseases:**

- always take care of hygiene
- take the necessary vaccine shots on time
- check the infectious disease situation before travelling
- keep hand sanitizer and face masks in stock at home
- remember to take your prescription drugs and medication taken for symptoms
- make sure your pet has the necessary passport and vaccinations

## Always wash your hands

- when coming in from the outside
- before cooking and eating
- after visiting the toilet or changing diapers
- after blowing your nose, coughing or sneezing
- when you have touched the same surfaces as a person with a cold



Remember to use soap. Do not touch your eyes, nose or mouth unless you have just washed your hands. Hand hygiene is also the most important way to prevent stomach diseases and traveller's diarrhea.

**Link:** [Watch the video on hand hygiene](#)

## How to cough correctly

- Cover your mouth and nose with a disposable handkerchief when coughing or sneezing.
- If you don't have a handkerchief, cough or sneeze into the top of your sleeve, not your hands.
- Put the used handkerchief in the trash immediately.
- A paper mouth and nose cover protects others from infection if you are coughing and sneezing.

**Link:** [Watch the video on how to cough correctly](#)

## Sources

### [Kodin turvaopas: Pandemia](#)

The Finnish National Rescue Association (SPEK)

### [Hand washing and coughing](#)

Finnish institute for health and welfare

### [Diseases and disease control](#)

Finnish institute for health and welfare

# Communication and reliable information in a disruption



## Communication in a disruption

Our information society is reliant on electricity, information technology and telecommunications. Disruptions in the power grid can quickly impact everyday life. Batteries may run out of power and the Internet cannot be accessed.

### For communication, you need:

- a battery-powered radio and spare batteries
- a phone with charge
- a fully charged backup power source to charge your phone

Social media channels of your local rescue authorities are good sources of information. In a serious crisis, you can also get important information from the public broadcaster Yle's channels. It is also important that you stay in touch with family and friends.

In an emergency, always call the **emergency number 112**. You can also make an emergency call without your own operator's network connection. Here's how: turn off your phone and restart it. Do not type in the phone's possible PIN code, but call the emergency number directly.

**Link:** [When to call 112?](#)



## Remember that not all information is true

Governments and organisations today use misleading information to influence our values and how we behave. The goal of false information may be to reduce our ability to cope in a crisis.

### The best way to shield against false information is source criticism:

- Is the information fact or opinion?
- What is the purpose of the information?
- Who is the author of the information?
- Is the source credible?
- Is the information available elsewhere?
- Is the information new or outdated, and why is it being spread right now?

### What can you do?

- Search for information - the best way to find accurate information is to compare sources.
- Don't believe rumours - use many credible sources to check if the information is true.
- Don't spread rumours - if the information does not seem credible, don't pass it on.

## Lähteet

### [Varautuminen kotona \(in Finnish\)](#)

The Finnish National Rescue Association (SPEK)

### [If crisis or war comes](#)

The Swedish Civil Contingencies Agency (MSB)

### [Valheenpaljastaja: Mitä valeuutiset ovat ja mitä ne eivät ole \(in Finnish\)](#)

Yle

### [Kenen totuus on oikea totuus? Älä jää yhden median varaan \(in Finnish\)](#)

Yle

# Cybersecurity



We all have to deal with matters related to cybersecurity and by taking the right precautions, we can improve how security risks are managed for private individuals and the society as a whole.

Cybersecurity includes issues such as data encryption and backup and the use of firewalls, antivirus software and website certificates.

## Social media

- Don't post your email or home address, phone number, date of birth or personal photos on social media.
- Avoid sharing your location on social media. This way, criminals cannot learn that your home is empty and unattended.
- Be careful when opening links! Links can contain malicious software or viruses.

## Staying safe online

- Identify and beware of phishing attempts.
- Think before you click on links to avoid malware attacks.
- Back up your data and remember to keep software updated.
- Use secure video call applications.
- Don't spread misinformation. Check the source of the information.
- Use strong passwords.

## What is a secure password?

- The longer the password, the more secure it is.
- A good password is easy to remember but hard to guess.
- A whole sentence is a good password.
- Use uppercase letters and special characters in your password.
- Spelling errors, dialect, slang and other grammatical errors strengthen the password.
- Use a password app or create a unique password for each service.
- Put in extra effort for important passwords that you use to recover forgotten passwords, such as your email password.
- Never tell anyone your passwords. Not even the authorities will ask for your password!

**Link:** [Try the password strength test to see how quickly a password can be cracked](#)

## Protect your money

- Always use a secure connection when paying online.
- Use reputable websites.
- Do not click on links in email ads. Move to the site by typing the address directly in your browser's address bar.
- Use a credit card for online shopping whenever possible. If you have paid by credit card and the goods do not arrive, you can reclaim your money directly from the credit card provider.

## Children's safety

- Take interest in what kinds of websites your children visits and what social media apps he or she is using.
- Make time for a conversation with your child about online safety. This way, you can learn if your child is puzzled or worried about something online.
- Tell your child about online and offline safety.

## Sources

### Kodin turvaopas: Kyberturvallisuus (in Finnish)

The Finnish National Rescue Association (SPEK)

### The longer the better – How to create a strong password

National Cyber Security Centre

### Kyberin taskutieto (in Finnish)

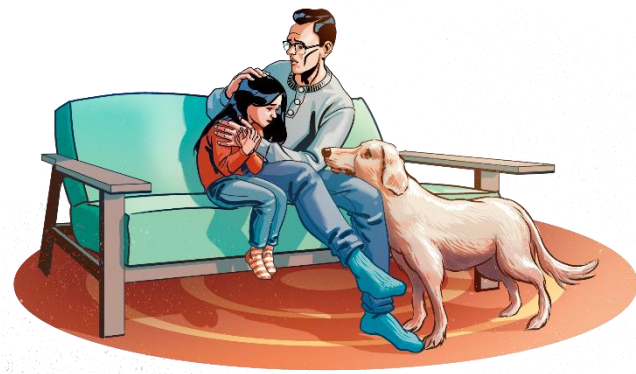
The National Defence Training Association of Finland (MPK)

# Community spirit and mental preparedness



## Community spirit in a disruption

- Keep in touch with neighbours, family and friends. They may need assistance in the event of a disruption.
- Even a little help can be important to someone else.
- Ask strangers how you can help.



## Mental preparedness

A crisis is a life situation that is so difficult that when faced with one, people do not know right away how to cope. A person experiencing a crisis may be very distressed and upset. A crisis is typically caused by a sudden and unexpected event that the person may not have been able to prepare for in any way.

In a crisis, strange and even frightening emotions are normal and expected. They are normal responses to an abnormal situation caused by the crisis.

## How can you help yourself in a crisis?

- Talk about the event with someone close to you
- You can also express emotions by drawing, writing or listening to music, for example. Expressing emotions speeds up healing
- Eat and get enough sleep
- Avoid alcohol and other intoxicants
- Seek outside help if necessary

## Helping others - mental first aid

- Approach, evaluate and help others in a crisis. If a person appears to be in need, approach them and share your concerns
- Once you have evaluated that the person is not in any immediate threat, ask how they feel and how long they have felt that way. It is important to listen with an open mind and without judgment so that the person feels heard and understood
- Support them and give information. Ask how you can be of help and support.
- Encourage the person to look after themselves
- If necessary, direct them to seek professional help

## Where can I get support in a crisis?

- In an emergency, always call 112
- Ask for help from neighbours and people close to you
- NGOs offer support in various crises

## Sources

### [Kriisistä selviytymiseen \(in Finnish\)](#)

Mental Health Finland

### [Pikaopas mielenterveyden ensiapuun \(in Finnish\)](#)

healthvillage.fi

# Instructions

## **Certificate to participants**

If you wish, you can give out certificates to people who attended the event.

The certificate template can be found at [72hours.fi/materials](https://72hours.fi/materials)

If the event was held in person, write in the participant's name and the event's location.

If the event was a webinar, you can leave out the location and email the certificate as a PDF attachment file.